



## VISIT MANLY WITH US ON MONDAY FEBRUARY 25

Enjoy a day out in Manly with lunch at the historic Steyne Hotel. Before lunch visit the Manly Art Gallery and museum for a talk by curator Katherine Roberts and broadcaster Jim Haynes at 10am.

The Gallery is exhibiting works by three Sydney artists, Ethel Carrick Fox, Adrian Feint and Ken Done. Cost of the Gallery show is \$15 for the talk, morning tea and exhibition.

Take the ferry with your travel pass or join our bus trip for the same fare, \$2.50 leaving Little Bay at 8.30am. Returning by 4pm

**There are lots of great places for lunch. The Steyne Hotel is a favourite. A good lunch budget is \$25**



## Harvey Exton Winner

Artist Margaret Warrington won the Harvey Exton Award for 2018. Margaret's enthusiasm for the Centre and her personal works to decorate empty walls have been greatly appreciated. Thank you Margaret and Congratulations.



Margaret & President Christine Kilcran

## Hearing Tests

Claire Byrne, from Australian Hearing will be at the Centre on

Tuesday 12 Feb from 10am to talk to members about all things to do with "hearing". You can have a hearing test, get info on cleaning your aids, find out how to get batteries when you need them and talk about listening assistance devices. Claire will come every month, so don't worry if you can't make this date.



**Annual Membership fees are now due for renewal.**

**Remember, it's just \$20 for the WHOLE YEAR**

## NEW CLASSES IN RESISTANCE TRAINING

Two new classes of resistance training get underway in February. Manal Saleh will present her class with low impact exercises using light weights.



**Monday February 4 - 10:00**

On Wednesday 6 February, Shaun Hockley from Reborn Fitness, Little Bay will start his new class in resistance training using isometric exercises focusing on body weight and balance.



**Wednesday February 6 - 9.45**

## NEW DRAWING CLASS - THE FUNDAMENTALS WITH PAT MUNRO

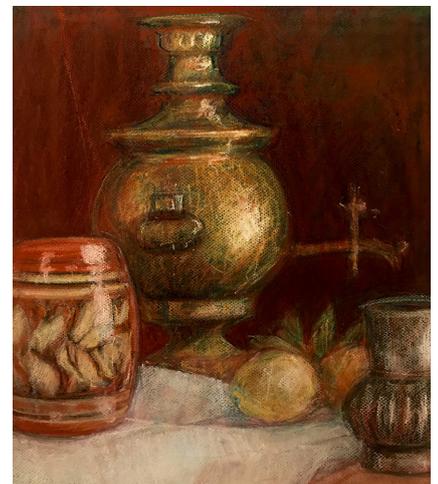
10-12 Thursdays

An 8 week program, \$80 for 8 classes

Starts - Thursday February 7

This new class will cover the basics for anyone from absolute beginners to more advanced artists wanting to brush up their basics.

This course covers line, tone, composition and perspective through a variety of media and techniques.



### Feldenkrais – In Spanish and English

Between 14 February and 14 March, Feldenkrais leader, *Silvia Finzi* will present a series of Feldenkrais sessions in Spanish and English focusing on the neck and shoulders. Sessions reduce pain, create better posture and body awareness. The series has 5 sessions for a total cost of \$80.



Tel: Silvia on 0431 523 696

### Are you 'Intrigued by the Internet'?

'Wondering about Windows'?  
'Fearful of Phones'?  
'Terrified by Tablets'? or just  
'Tortured by Technology'?



Then why not come and spend an hour with our Computer experts on Tuesday morning at the Coast Centre. (\$7.50 per class or \$6 with vouchers)

### NEW PILATES AND AEROBICS CLASSES WITH DANIELLE BELLELI

Pilates : Mondays 11.30am (South Hall)  
: Wednesdays 11.30 (Cottage )  
Aerobics: Wednesdays 9.30 (South Hall)



Danielle has a Bachelor of Arts Music Theatre and advanced Pilates instructor certificates.



Former Coast Centre member Althea Mitchell presents hand knits made by Coast Centre members to the Premature Baby Unit at Albury Hospital.

### Farewell Merv and Singalong

After 10 music filled years as the Singalong master, Merv Wengdal, has decided to move on to other things.



Merv was great fun and a dedicated tutor leading cheery weekly Singalong sessions keeping up spirits and tunes from across the ages.

Our annual concerts won't be the same without Merv's sense of fun and pantomime. He was always a great sport and will be missed. However we look forward to stories from the many cruises he's planning and days back on the tennis court.

Thank you Merv and best wishes for a long and happy retirement from the keyboard.

### New Italian Language and Culture for Beginners Class with Daniel Borgo-Caratti

Mondays 10am until 11.30 - \$10 per class

New Italian Language & Culture Continues with Daniel Borgo-Caratti (for learners with prior study)

Mondays 11.30 - 1.00

Starts - Monday February 4th  
\$10 per class



A full house enjoyed another great End of Year Lunch at St Michael's Golf Club in December

The Coast Centre is supported by the Health Promotion Service of NSW Health. For more information on getting active and healthy, visit <https://www.activeandhealthy.nsw.gov.au/>